



Administrator Message

"Gifts for Nursing Home Residents"

During the time that I have been affiliated with nursing homes and their residents I have learned a great deal. The residents of our many nursing homes can truly be teachers to those of us around them.

I was recently conversing with some of the residents here at Care West - Heber, and I asked them; what were some cf their favorite gifts to receive?

Nursing home residents love to be visited by a family member as often as possible. Residents love the surprise of a home-cooked meal during visits from family and friends. When flowers are in order, many prefer a simple bud vase with a rose or carnation because space is ofter limited in their rooms.

Soft cookies and soft candy are delicious. When cookies and candy are hard they are almost impossible to eat for those who cannot chew.

Outdoor visits to a park or a short ride on a beautiful day are a very good change of pace. Taking them to see an old friend is also a nice thought.

When buying material gifts the residents prefer robes, gowns, pajamas, slippers and comfortable clothing. Radios with earplugs (so others won't be disturbed) and puzzles or large print reading materials can fill empty time on the residents hands.

These were just a few of the more popular ideas of the residents. As an administrator, I would suggest using good judgement whenever you are considering a special gift for your special resident.

Social Services

Our Family Education Group met on July 16. It was an enjoyable and informative evening for all those who attended. Our meeting featured Roy Hussey, L.C.S.W., who is the Director of Behavorial Medicine at Wasatch County Hospital. He spoke to us on the topic "Separation and Transition." Placing a family member in a nursing home is ofter difficult and Mr. Hussey's insights were helpful to all of us who have and may in the future, deal with this experience.

Our next meeting will be September and we cordially invite anyone who is interested to join us.

We now have a catalog featuring specialty health care clothing and products. If your family member has special clothing needs please ask to see our catalog.

Nursing Message

There certainly was a lot of hugging going on at a recent Care West Nursing Center open house.

Those in attendance that weren't physically engaging in this fine art of touching, appeared to be thinking about it.

The main "hugger" was Greg Risberg, a clinical social worker and educator at Northwestern University Medical School.

Mr. Risberg has been invited to many of Care West's open houses to present a short program on the importance of touching in the lives of patients. The message he delivered to all in attendance was that: touching is a vital need in every human's life.

To prove this point, Risberg asked who was "willing to take a chance" on hugging others in the room.

At first, only a few brave souls obliged. But as people began embracing, laughter and smiles seemed contagious — and before long almost every one in the room was reaching out to touch friends, co-workers, even complete strangers. Mr. Risberg has proved his point. He said, "See, it doesn't cost any money. It certainly doesn't take long. And just look at everyone's faces. That should be proof enough of the benefits touching provides.

Indeed, studies confirm that touching is a vital need in life, even before birth.

Medical researchrs have long identified that infants who aren't touched fail to thrive, and may even ultimately die.

Research also suggest that proper use of touch with patients may contribute to quicker recovery and improved patient relationships.

Through the remainer of the seminar, Mr. Risberg gave several examples of how touching can change lives and he stressed its importance. Touching can relieve stress and other feelings that can make day-to-day living sometimes unbearable.

To close the seminar, Risberg challenged everyone to put the principle into practice. All of us who attened left feeling warm and happy and would like to challenge all of you to "reach out and touch someone" and feel the difference.

Employee Recognition

Care West- Heber would again like to recognize our special and unique individuals who were chosen as Employees-of-the-Month.

April: Pat Harp, Maintenance
May: Debbie Dudley, Nursing Assistant
June: Mark Henning, Dietary Aide

Professional Spotlight

Care West-Heber feels that it is indeed a privilege to be located in a community where the professionalism and availability of health services are so readily available. We recognize that there are many areas which have very little or no health care services available at all.

Because we at Care West-Heber feel proud of the medical professionals within the area, we have decided to donate an article in our newsletter, each quater, to a Medical Professional Spotlight.

Our first spotlight is directed at Dr. William Ferguson. Dr. Ferguson currently has a family practice adjacent to Wasatch County Hospital and also serves as the Medical Director at Care West-Heber. The Care Center has found Dr. Ferguson to be very dedicated and he is respected by all the staff and residents at Care West-Heber.

Dr. Ferguson has been practicing in Heber for three years. He was educated at University of Texas at Galveston where he specialized in family practice medicine. He is married to Dr. Katherine Ferguson and they are the parents of three children.

Resident Spotlight

During the last quarter, Care West-Heber has had a new individual join our family of residents.

The staff and residents want to welcome Mrs. Ina Reinsch to the facility.

Ina brings with her a wonderful sense of humor and a never ending willingness to help everyone around her.

Welcome Ina and we hope you will enjoy your stay here.

Volunteer Spotlight

Through the effort of our Recreation Therapist, Melba Kinsey, and our Volunteer President, Ellan Brown; the volunteer program at the Care Center has began to mold together.

Because we value our volunteers we feel it necessary to recognize them. This quarter we would like to spotlight Carol Glather. Carol donates her time and talent on the piano every week for our resident sing-a-longs. The piano really rocks when she plays and her daugher Deanne helps us sing.

Thank you to Carol and all our voluntees for their time and talents that help make life happy at Care West-Heber.

Recreation

"Life is Activity"

Activity is a very important aspect of our lives. Each day we are in pursuit in activities in order to accomplish our goals and interests. Our activities changes as our interests and abilitiies change.

Residents living at Care West-Heber have the same interests in accomplishing their goals as they did prior to their admissions. However, due to their disabilities, they may be limited in what they can do, in order to accomplish their goals and interests, it is then up to the staff members to provide the opportunity for those who need special consideration to choose activities that create meaning for them.

Programs at Care West-Heber are designed to provide residents the opportunities to function at the highest quality of life possible.

The Recreational Therapist recognizes that each activity has a purpose beyond the obvious. Acitivites are designed to meet the specific therapeutic needs of each person.

The past two months we have had some real fun activities. Twenty-seven of our residents went for a fun-filled trip down Provo Canyon on the Heber Creeper. We have had awatermelon bust, fireworks, and even a trip the the zoo for **U.R.T.A Day.** Everyone had a wonderful time.



What's Cookin'. . .

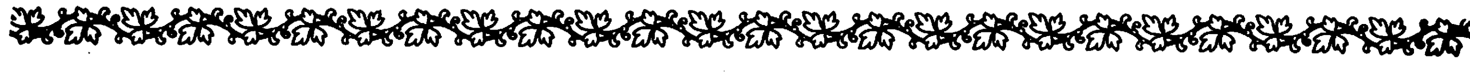
CHOCOLATE BROWNIES

2 c. sugar	1 tsp. salt
1 c. shortening	1 tsp. baking powder
4 eggs	2 c. flour
1/2 c. nuts (optional)	1 tsp. vanilla
6-8 Tbsp. cocoa	1 c. milk

Cream shortening, sugar and eggs; mix well. Combine dry ingredients; gradually mix all together, adding milk and vanilla gradually. Bake at 350° for 20 minutes. Frost and put nuts on top.

Department Heads

Adminstrator .... Todd V. Winder
Director of Nursing .... Janet Matthews
Office Manager .... Marion Wright-Harp
Dietary Manager .... Veda Brierley
Medical Records/Social Service .... Marilynn Boulter
Recreational Therapist .... Melba Kinsey
Maintenanace/Housekeeping .... Betty Sweat





Newsletter First Quarter 1987

New Adminstrator Appointed

We are happy to welcome Todd Winder as the new administrator at Care West-Heber. Todd, his wife Brenda and their daughter Alexis have moved into the valley from Orem, Utah, where Todd worked for Care West-Orem. He has a degree in Business Management and Gerontology from B.Y.U. and he shows much enthusiasm in joining our Heber Valley community.

Todd enjoys sports, outdoor recreation and people! He vows to give the highest quality of care to the residents and looks forward to becoming acquainted with the citizens of Heber Valley. Welcome aboard Todd.

Nurse's Message

Theaputic diet checks are a policy here at Care West Heber. Our Dietary Supervisor is responsible along with Nursing to assure that theraputic diets are served in accordance with physicians orders.

Not every geriatric individual is the same. Some are diabetics, some just require 'no added sugar' or 'no added salt.' There are others who need weight reduction or an increase of calories. All these needs must be considered and maintained.

When a physician orders a two gram sodium (2 gm Na) diet for example, the menus provided must have some substitutes for dishes such as Oriental Rice or Tuna Patties with cream sauce or Lyonnaise Potatoes. These substitues are adjusted by the Dietary Supervisor.

Licensed personnel will check theraputic diets on each resident at least one time per month. This is accomplished when the Dietary Supervisor places a Diet Check slip on a theraputic diet tray as it leaves the dietary department. When the Nursing Assistant finds the check slip it is then taken to the Charge Nurse to be inspected before delivering it to the residents. Necessary comments are made by the Charge Nurse on the slip and document on the residents permanent record. If there are corrections to be made they are corrected prior to delivering the tray. The Diet Check slip is then returned to the Dietary Supervisor where it is retained for 30 days after which a new diet check is conducted. Through this procedure the residents at Care West Heber receive proper and theraputic nutritional status.

A Word About Recreation

Life is activity! All of our lives are spent in active social situations. Some of these situations are directed, others are not. Yet activity remains the very basis for our existence. The type and style of activities we are involved in change as our interests and abilities change. The meaning we attach to the activities we are involved in creates for us the "quality" of our life.

All of Care's programs are designed to provide an environment in which the resident has the opportunity to function at the highest level possible for as long as possible. Activity Coordinators recognize that each activity has a purpose beyond the obvious. Activities are designed to meet the specific therapeutic needs of each resident. They are equally as important as specific movements designed to restore functioning to a paralyzed limb. Social rehabilitation is no less important than physical rehabilitation. Our purpose is to rehibilitate the "whole" person, not just part.

As professional members of the health care team Activity Coordinators are part of the therapeutic community concept. The interdisciplinary approach to rehabilitation. It is the role of the Activity Coordinator to raise the awareness of the other members of the team: nursing, dietary, physical therapy, etc., as to the importance of social rehabilitation. It is the Activity Coordinator's role to involve the other disciplines directly and indirectly in the social rehabilitation process. The success of this consciousness raising is evidenced by higher functioning patients, good staff morale, and positive community relations. It is not an easy task and required some very special qualities. Care Enterprises recognizes those qualities in our Activity Coordinators.

As most of our residents have spent the majority of their lives living and working in the community it is essential that community remain a part of their life. Care's philosophy and purpose of social rehabilitation is to have that interface with the community at large. The loss of usual social contacts is one of the most difficult adjustments that our residents have to make when entering our facilities. Our goal is to make that adjustment as smooth and easy as possible.

Our residents have the same need for meaning in their lives as they did prior to coming to us. It is up to us to provide the opportunity for these special people to choose activities that create meaning for them. Many of our residents have special needs that limit or reduce the number of options and choices for maeningful activity. Limitations, in and of themselves, do not alleviate the need for choice and option. It is our ability to choose that makes us human.

Back Achin'?

Experts estimate that four out of every five people, at some point, experience back pains that alter their daily routines. S.K. Lenninger explains in The Effective Executive that over 100 problems can affect the nerves, tissue, and bones that make up your spine. Physical causes of back pain vary from such eminently treatable irritants as poor posture, a lack of physical activity, and sedentary work habits, to a lifelong struggle with an arthritic condition. Psychological causes for back trouble are sought when no organic problem can be located.

A simple program of awareness and adjustment is often all it takes to prevent back pain. Lenninger recommends the following: To discourage neck stiffness, invest in a firm mattress and down or fiber-filled pillows for your home. Drive your car with the seats in an upright position. At the office, preventive measures include a firm desk chair and disciplined attendance to your posture—your knees and hips should form a right triangle with your feet, which should always be placed firmly on the floor.

Better your chances of being that fifth person —the one who isn't hampered by back pain.

Employee Recognition

Each month at Care West-Heber, a special and unique individual is chosen as Employee-of-the-Month. This special recognition is not merely a popularity contest, but it is a selection process involving certain criteria. A few of the things we look for in an Employee-of-the-Month are: (1) quality of work (2) dependability (3) productivity (4) self improvement and (5) personality.

We are proud at Care West-Heber to have the quality of employees that allows such a program. We, as a staff, congratulate the following individuals as our fist quarter Employees-of-the-Month in 1987.

January: Nada Mair, Nursing Assistant
February: Janet Matthews, Director of Nursing
March: Ellan Brown, Nursing Assistant

Secret Formula

"When you feel lonesome, helpless or blue
Stop! Look around! There is something to do
Help someone else and you'll find that it's true,
The help that you give will come right back to you."

Family Education

Our Family Education Group has met three times this year. The purpose of these meetings is to provide an opportunity for friends and family members of our residents to become acquainted with one another and to become more familiar with the services provided by our facility. In January, our house physician, Dr. Wm. Ferguson, spoke to us and in March the program was presented by Janet Smith, our Recreational Therapist. We all joined in and did some "Sittercize" exercises.

Our most recent meeting was on May 14, 1987. Veda Brierly, our Dietary Manager; and Rita Sorenson, our Regional Dietary Consultant, explained the importance of the diet in the health of our residents.

We would like to thank all those who have attended our Family Education Group in the past and we further extend an open invitation to all of our residents family and friends to attend in the future.

Looking forward to seeing you next month.

What's Cookin'. . .

Confetti Salad

4 Cups Cooked Rice
1 Cup Finely Chopped Celery
1-10 Oz. Frozen Peas
1 Cup Grated Carrots
1 Cup Chopped Green Pepper
2 Tbs. Green Onion
8 Oz. Chicken, Shrimp, Crab, Turkey
(Whichever You Desire)
1 Small Can Pimentos
1½-2 Cups Mayonnaise
Salt and Pepper

Great summer salad for all your get togethers. Many of the residents enjoyed the change and expressed how good it tastes.

DEPARTMENT HEADS

Administrator .... Todd V. Winder

Director of Nursing .... Janet Matthews

Office Manager .... Marion Wright-Harp

Dietary Manager .... Veda Brierley

Medical Records/Social Service .... Marilyn Boulter

Recreational Therapist .... Janet Smith

Maintenance/Housekeeping .... Betty Sweat

PERSONAL HEART DISEASE AND STROKE RISK ANALYSIS

STEP 1. For each risk factor, locate and circle the risk level that best describes you.
STEP 2. In the small box in the right-hand side of each risk level you circled, you'll find a numerical value. Enter that numerical value in the far right-hand SCORE column.
STEP 3. Follow this procedure and complete all ten risk factors.

	RISK FACTOR	RISK LEVEL A well below avg.		RISK LEVEL B below avg.		RISK LEVEL C borderline		RISK LEVEL D above average		RISK LEVEL E dangerous level		RISK LEVEL F urgent level		SCORE
1	AGE	10-20 years	0	21-30 years	1	31-40 years	2	41-50 years	3	51-60 years	4	61 years & up	5	
2	GENDER	Female under 40	0	Female 40-50	1	Female over 50	2	Male	3	Stocky Male	4	Bald, Stocky Male	5	
3	FAMILY HISTORY (count parents, grandparents, brothers & sisters only).	No known history of heart disease	1	One relative w/ heart disease over age 60	2	Two relatives w/ heart disease over age 60	3	One relative w/ heart disease under age 60	4	Two relatives w/ heart disease under age 60	6	Three relatives w/ heart disease under age 60	7	
4	DIABETES (Count parents, grandparents, brothers and sisters only).	No know family history of diabetes	1	1 relative with diabetes	2	2 relatives with diabetes	3	Diabetes in yourself beginning after age 60	4	Diabetes in yourself between 20 and 60	6	Diabetes in yourself beginning before age 20	8	
5	BEHAVIOR CHARACTERISTICS	Always easy going and calm	1	Easygoing and calm most of the time	2	Frequently impatient and clock watching	3	Persistently driving for advance-ment in work and play	4	Overwhelming ambition; slavish to time & deadlines	6	Hard-driving; hard charging; can never relax	8	
6	EXERCISE (Lower your score by 1 if you participate in a regular aerobic exercise program)	Intensive occupational & recreational exertion	1	Moderate occupational & recreational exertion	2	Sedentary work & intense recrea-tional exertion	3	Sendentary work & moderate rec-reational exertion	4	Sendentary work and light recrea-tional exertion	5	Sedentary work with no exercise	6	
7	TOBACCO SMOKING	Never smoked	0	Quit cig more than 1 yr ago. or smoke cigar or pipe now	1	Quit cig less than 1 yr ago, or now smoke 10 cig/day max.	2	20 cigarettes per day	4	30 cigarettes per day	6	40 or more cigarettes per day	8	
8	WEIGHT	More than 5 lbs below standard wt.	0	-5 to +5 lbs of standard weight	1	6-20 lbs overweight	2	21-35 lbs overweight	3	36-50 lbs overweight	5	51 + lbs overweight	7	
9	CHOLESTEROL (mg/100 ml)	Below 180	1	180-205	2	206-230	3	231-255	4	256-280	6	281 or more	8	
10	BLOOD PRESSURE	Less than 120	1	130 maximum	2	140 maximum	3	160 maximum	4	180 maximum	6	200 & over	8	

RISK ANALYSIS ANSWERS

If Your Risk Score is Between	6-15	16-21	22-29	30-39	40-50	Above 51
Your Risk is	Below average	High end of acceptable	Risk Factors Require Attention	Above average	High	Very High

Total Risk Score



Wallpaper, scissors, and flour paste
To greet the month of May—
Let's slip along a backward path
And shrug the years away!

The older children cut and shaped
Each gay-sprigged paper cone;
The youngest maybe stood and gaped
Or tried to shape its own.

Then, knowing every woodland haunt,
We crawled on briar-scratched knees
To pick spring beauties, violets,
And frail anemones,

Or lady slippers, wildwood fern,
And kitten breeches, too;
Sweet Williams, heavy on their stems,
And fresh as morning dew.

The paper cones were flower filled,
And paper handles dried;
Then down the dusty road we trudged,
Arms loaded, side by side.

No greater pleasure have I know,
Nor would I dare to ask it,
Than knocking on each friendly door
And calling out "May basket!"

Ester Ken Thomas